Safer Packed Lunches for Happier, Healthier Kids

Help prevent choking hazards at school

Small changes in what you pack can make lunchtime safer and give your child the best chance to enjoy their food.



Choose safer foods

- **Cut food into small, manageable pieces**
  e.g. grapes (halved), cherry tomatoes (quartered), sausage (lengthwise), cheese (small cubes).



- **Choose soft, easy-to-chew foods**
  e.g. cooked vegetables, soft fruit, wraps, sandwiches, pasta, rice, eggs and yoghurt.



- **Avoid sticky and hard foods**
  e.g. whole grapes, whole cherry tomatoes, nuts, popcorn, hard sweets and chewy sweets.



- **Send food that's easy to eat at school**
  e.g. use lunchbox containers, cutlery and easy-open packaging where needed.



High-Risk Foods

These foods can be hard to chew, block the airway or are a choking hazard, especially for younger children.

- **Whole grapes and cherry tomatoes** (especially under 5 years)
- **Hot dogs and sausages** (round slices)
- **Nuts and seeds** (especially whole)
- **Popcorn**
- **Hard sweets and gum**
- **Chunks of cheese** (e.g. large cubes)
- **Marshmallows**
- **Raw vegetables** (e.g. carrots, celery) cut into thick sticks

When in doubt, cut it, cook it, or leave it out!

Top Tips for Packed Lunches

- **Use a variety of soft, child-friendly foods.**
  Think sandwiches, wraps, pasta, rice, fruit (in small pieces) and yoghurt.
- **Keep portions age-appropriate.**
  Smaller bites are safer for younger children.
- **Avoid overpacking with snacks.**
  Too many small, hard items can increase the risk of choking.
- **Check for allergies and follow your school's food policy.**
  Some schools have specific rules about nuts, seeds and certain foods.
- **Include a drink.**
  Water is best. Avoid fizzy drinks and very hot drinks in lunchboxes.

Safe Lunchbox Ideas



Sandwich or wrap + fruit + veggie sticks



Pasta or rice salad + soft fruit + cheese cubes



Yoghurt + fruit + wholegrain crackers



Mini pitta + chicken or egg + veg sticks

Safe food. Confident learners.

By packing safe, age-appropriate foods, you're helping your child stay safe, focused and ready to learn.

Thank you for keeping our children safe!